

Have I Told You Lately?

拍数: 32 墙数: 2 级数: Intermediate
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音乐: Have I Told You Lately That I Love You? - Van Morrison



Nightclub Basic Left, ½ Turn R, Cross Chasse Left (Optional Full Turn), 3 Rocks

1-2& Large step L to L side (1), Step ball of R behind L heel (2), Step L across front of R (&).
3-4& Turn ¼ R, Step forward R (3), Turn ¼ R, step L to L side (4), Step R across front of L (&).
Option: Counts 4& turn an extra full turn R, finish the last ¼ turn as you go into count 5.
5-6& Large step L to L side (5), Rock back R (6), Recover to L (&).
7&8& Rock forward R (7), Recover to L (&), Rock back R (8), Recover to L (&).

½ Turn Left Back & Drag, Cross Chasse L, ¼ Turn, Cross Chasse R, ½ Turn Ronde, Quick Weave

1-2& Turn ½ L, Large step back R, drag L toe (1), Step L to L side (2), Step R across front of L (&).
3-4& Turn ¼ L, step forward L (3), Step R to R side (4), Step L across front of R (&).
5 Step R to R side, turn ½ L, sweep L toe out to L side (5).
6&7& Step L behind R (6), Step R to R (&), Step L across front of R (7), Step R to R (&).
8& Step L behind R (8), Step R to R (&).

Cross Lunge Left And Right, Ronde, Cross, ¼ Turn, Step, Cross Chasse R

1-2& Rock L across front of R (1), Recover weight back to R (2), Step L to L (&).
3-4& Rock R across front of L (3), Recover weight back to L (4), Step R to R (&).
5-6 Step L across front of R, sweep R toe around to the front (5), Step R across front of L (6).
7 Turn ¼ R, step back L (7).
8&1 Step R to R back diagonal (8), Step L across front of R (&), Step R to R back diagonal (1).

Cross Chasse L, Prep R, Paddle Turn L, Cross Unwind

Option: just cross, no unwind

2&3 Step L to L back diagonal (2), Step R across front of L (&), Step L to L back diagonal (3).
&4 Step R to R back diagonal (&), Drag L toe in for a touch, arms prep to R side, bend knees slightly (4).
5-7 Step L to L front diagonal with L toe turned out, turn 1/3 L (5), Rock back on ball of R (&) Turn 1/3 L, Step L forward, toe out (6), Rock back on ball of R (&), Turn 1/3 L, Step L forward (7).
8& Sweep R toe around to front, step R crossed tightly over L (8), Unwind L 360 degrees, end with weight on R (&).

Option: Leave out the full turn, just step R across in front of L on count 8.

Start again from beginning.